# *family favourites . . .*

BASIC RECIPES YOU'LL USE AGAIN AND AGAIN

*White Sauce*

| *Ingredients* | Thin<br>For Cream Soups | Medium<br>For Sauces and Scalloped Dishes | Heavy<br>For Croquettes and Soufflés |
|---|---|---|---|
| butter | 2 tablespoons | 3 tablespoons | 4 tablespoons |
| BENSON'S or CANADA Corn Starch | 1 tablespoon | 2 tablespoons | 6 tablespoons |
| salt | 1 teaspoon | 1 teaspoon | 1 teaspoon |
| pepper | ¼ teaspoon | ¼ teaspoon | ¼ teaspoon |
| milk | 2 cups | 2 cups | 2 cups |

Melt butter in saucepan. Add BENSON'S or CANADA Corn Starch, salt and pepper, and blend well. Gradually add milk, mixing until smooth. Cook over medium heat, stirring constantly, until mixture thickens and comes to a boil. Boil 2 minutes, stirring constantly. Makes about 2 cups sauce.

**Cream of Vegetable Soup.** To 2 cups Thin White Sauce, add ½ cup puréed or finely chopped cooked vegetables. Makes 4 servings.

**Cream of Tomato Soup.** Simmer 2 cups canned tomatoes, 1 tablespoon finely chopped onion, ¼ teaspoon celery seed and 1 small bay leaf 15 minutes. Strain. *Slowly* add hot tomato mixture to 2 cups Thin White Sauce, stirring constantly. Makes 4 servings.

**Egg Sauce.** To 2 cups Medium White Sauce, add 4 chopped hard-cooked eggs.

**Scalloped Dishes.** To 2 cups Medium White Sauce, add 1 to 1½ cups cooked meat, fish or vegetables. Pour into quart casserole and top with ¼ cup buttered bread crumbs. Bake in moderate oven (375°F.) 25 to 30 minutes.

**Croquettes.** To 1 cup Heavy White Sauce, add 3 cups flaked fish or diced cooked meat, 1 teaspoon lemon juice, 1½ tablespoons chopped parsley and ½ teaspoon onion juice. Chill. Shape into croquettes. Roll in sifted bread crumbs, then in slightly beaten egg, and then in crumbs again. Pan fry or deep-fat fry in salad oil until golden brown.

**Cheese Soufflé.** To 1 cup Heavy White Sauce, add ½ pound mild Cheese, diced, and cook in saucepan over medium heat, stirring constantly, until cheese is melted. Remove from heat and pour gradually over egg yolks, mixing well. Beat 3 egg whites until stiff, lightly fold in cheese mixture. Pour into ungreased 1½ quart casserole. Place casserole in pan of warm water and bake in slow oven (325° F.) 1¼ hours. Serve immediately. Makes 4 to 6 servings.

## *Mustard Sauce*

**2 teaspoons BENSON'S or CANADA Corn Starch**
**1 tablespoon dry mustard**
**¾ teaspoon salt**
**1½ teaspoons sugar**
**Few grains Cayenne**
**2 tablespoons MAZOLA Salad Oil**
**⅔ cup milk**
**1 egg yolk**
**1 tablespoon vinegar**

Measure BENSON'S or CANADA Corn Starch, dry mustard, salt, sugar and Cayenne into small saucepan. Add MAZOLA Salad Oil; blend well. Gradually add milk. Cook over low heat, stirring constantly, until mixture thickens and comes to a boil. Remove from heat. Combine egg yolk and vinegar; gradually stir into cooked mixture. Return to heat and cook 1 minute, stirring constantly. Serve hot or cold. Makes ¾ cup sauce. Delicious with ham, frankfurters, potato salad or fish.

## *Chicken-Curry Sauce*

Blend ¼ cup MAZOLA Salad Oil, ¼ cup BENSON'S or CANADA Corn Starch, ½ teaspoon each salt and curry powder, and ⅛ teaspoon pepper in saucepan. Gradually add 2 cups veal or chicken stock, mixing until smooth. Cook over medium heat, stirring constantly, until mixture thickens and comes to a boil. Boil 1 minute. Remove from heat and add ½ cup light cream. Serve hot with chicken, rice or waffles. Makes 2½ cups sauce.

**ALL MEASUREMENTS ARE LEVEL**

## *Eggs Florentine*

***1 pound spinach**
**4 hard-cooked eggs**
**1 recipe Medium White Sauce**
**2 tablespoons melted butter**
**1 clove garlic, sliced**
**½ cup dry bread crumbs**
**2 tablespoons grated cheese**

Wash spinach well in three or four waters. Cook, drain and chop fine. Arrange in bottom of shallow baking dish. Cut eggs in half and place on top of spinach. Cover with sauce. Melt butter, add garlic and cook slowly about 3 minutes. Remove from heat; remove garlic. Add bread crumbs and cheese; mix well. Sprinkle over top. Bake in hot oven (400° F.) 20 minutes. Makes 4 servings.

*1 bunch broccoli, cooked and coarsely chopped, may be substituted for spinach, if desired.

## *Hot Bacon Salad Dressing*

**1½ tablespoons chopped onion**
**2 strips bacon, diced**
**1 tablespoon BENSON'S or CANADA Corn Starch**
**½ cup water**
**½ cup vinegar**
**1 tablespoon sugar**
**¼ teaspoon salt**
**1/16 teaspoon pepper**

Cook diced bacon until crisp. Remove from pan; reserve fat. Add onions to fat and cook slowly until tender but not brown. Add BENSON'S or CANADA Corn Starch; mix well. Add vinegar and water. Bring to a boil, stirring constantly. Add remaining ingredients and bacon. Pour hot over salad greens; toss lightly and serve immediately. Makes 1 cup dressing.

## *Blanc Mange*

**½ cup sugar**
**6 tablespoons BENSON'S or CANADA Corn Starch**
**¼ teaspoon salt**
**4 cups milk**
**1½ teaspoons vanilla**

Mix sugar, BENSON'S or CANADA Corn Starch and salt in top of double boiler. Gradually add milk, mixing until smooth. Place over boiling water and cook, stirring constantly, until mixture thickens. Cover and continue cooking 10 minutes longer, stirring occasionally. Remove from heat. Add vanilla; cool. Pour into moulds or serving dish and chill. Makes 6 to 8 servings.
For less thick Blanc Mange, use 5 tablespoons BENSON'S or CANADA Corn Starch.

**Chocolate Blanc Mange.** Follow above recipe adding 2 to 3 squares unsweetened chocolate together with milk. After removing from heat, stir well, until chocolate is thoroughly blended. Serve plain or garnished with lady fingers and whipped cream. For special treat: cut 12 marshmallows into eighths and fold into cooled pudding, then chill.

**Custard Blanc Mange.** Follow recipe for Blanc Mange. After 10 minutes cooking, stir a small amount of hot mixture into 2 well-beaten eggs. Immediately pour back into remaining hot mixture over boiling water; blend thoroughly. Cook 2 minutes longer, stirring constantly.

**Pistachio Blanc Mange.** Follow recipe for Blanc Mange; add a few drops green colouring to milk. When cooked, remove from heat. Add 1 teaspoon vanilla, ½ teaspoon almond extract and 1 tablespoon chopped blanched pistachio nuts.

**Floating Island.** Prepare Custard Blanc Mange as directed, using 2 egg yolks; before serving beat 2 egg whites until stiff but not dry. Gradually beat in 4 tablespoons sugar. Spoon on top of pudding. Garnish with jelly.

## *Custard Sauce*

Mix 1 tablespoon BENSON'S or CANADA Corn Starch, ¼ cup sugar and ¼ teaspoon salt in top of double boiler. Add 2 egg yolks and mix well. Gradually stir in 2 cups milk. Place over boiling water; cook, stirring constantly, until slightly thickened (about 5 minutes). Cool; add 1 teaspoon vanilla. Chill. Makes 2¼ cups.

## *Lemon Sauce*

**½ cup sugar**
**1½ tablespoons BENSON'S or CANADA Corn Starch**
**¼ teaspoon salt**
**1¼ cups boiling water**
**2 tablespoons butter**
**2 tablespoons lemon juice**
**2 teaspoons grated lemon rind**

Mix sugar, BENSON'S or CANADA Corn Starch and salt in small saucepan. Gradually add water. Cook over medium heat, stirring constantly, until sauce thickens and comes to a boil. Boil 2 minutes. Remove from heat. Add butter, lemon juice and rind. Serve hot. Makes about 1½ cups sauce.

## Lemon Pudding

⅔ cup sugar
6 tablespoons BENSON'S or CANADA Corn Starch
¼ teaspoon salt
4 cups milk
2 egg yolks, well-beaten
⅓ cup lemon juice
1 tablespoon grated lemon rind
2 egg whites, stiffly beaten

Mix sugar, BENSON'S or CANADA Corn Starch and salt in top of double boiler. Gradually add milk, mixing until smooth. Place over boiling water and cook, stirring constantly, until thickened. Cover; cook 10 minutes longer, stirring occasionally. Remove from heat. Pour gradually over well-beaten egg yolks, stirring constantly. Return to double boiler and cook 2 minutes longer, stirring constantly. Remove from heat. Add lemon juice and rind. Fold hot mixture slowly into stiffly beaten egg whites. Cool; chill. Makes 8 servings.

## Devil's Food Cake

⅔ cup shortening
1 cup sifted all-purpose flour
½ cup BENSON'S or CANADA Corn Starch
1¼ cups sugar
½ cup cocoa
1 teaspoon soda
¼ teaspoon cream of tartar
½ teaspoon salt
1 cup milk
1½ teaspoons vanilla
2 eggs, unbeaten

Cream shortening in mixing bowl until light and fluffy. Sift dry ingredients over creamed shortening. Add milk and vanilla. Stir until all flour is dampened, then beat 200 strokes (about 1½ minutes). Scrape bowl and spoon often throughout entire mixing. Add unbeaten eggs and beat 250 strokes. Bake in two 9-inch greased layer cake pans in moderate oven (350 F.) 30 to 40 minutes. Frost with your favourite boiled frosting.

## Lemon Meringue Pie

6 tablespoons BENSON'S or CANADA Corn Starch
¼ teaspoon salt
1 cup sugar
2 cups water
3 egg yolks
2 tablespoons butter or margarine
5 tablespoons lemon juice
1½ teaspoons grated lemon rind
3 egg whites
6 tablespoons sugar
1 9-inch baked pie shell

Mix BENSON'S or CANADA Corn Starch, salt and ½ cup of the sugar in top of double boiler. Gradually add water. Place over boiling water; cook, stirring constantly, until mixture thickens. Cover and cook 10 minutes, stirring occasionally. *Do not remove from heat.* Stir a small amount of hot mixture into egg yolks which have been mixed with the remaining ½ cup sugar. Immediately pour back into remaining hot mixture over boiling water; blend thoroughly. Cook 2 minutes longer, stirring constantly. Remove from heat; add butter or margarine, lemon juice and rind. Cool to room temperature without stirring.

Pour into baked pie shell. Beat egg whites until stiff but not dry; gradually beat in sugar. Spread meringue lightly on filling. Bake in moderate oven (325° F.) 15 to 20 minutes or until delicately browned.

For less thick filling use 5 tablespoons BENSON'S or CANADA Corn Starch.

## Cream Pie

⅔ cup sugar
4 tablespoons BENSON'S or CANADA Corn Starch
½ teaspoon salt
2½ cups milk
3 egg yolks, slightly beaten
1 teaspoon vanilla
3 egg whites
6 tablespoons sugar
1 9-inch baked pie shell

Mix sugar, BENSON'S or CANADA Corn Starch and salt in top of double boiler. Gradually add milk, mixing until smooth. Place over boiling water and cook, stirring constantly, until mixture thickens. Cover and continue cooking 10 minutes, stirring occasionally. *Do not remove from heat.* Stir a small amount of hot mixture into egg yolks. Immediately return to double boiler; blend thoroughly. Cook 2 minutes longer, stirring constantly. Add vanilla. Cool. Pour into baked pie shell. Beat egg whites until stiff but not dry; gradually beat in sugar. Spread meringue lightly over filling. Bake in moderate oven (325° F.) 15 to 20 minutes.

**Butterscotch Cream Pie.** Substitute 1 cup dark brown sugar, firmly packed, for the granulated sugar. Increase BENSON'S or CANADA Corn Starch to 5 tablespoons. Add 3 tablespoons butter with vanilla.

**Cocoanut Cream Pie.** Fold ¾ cup shredded coconut into cooled cream filling before pouring into pie shell. Cover with meringue and sprinkle with ¼ cup shredded cocoanut before baking.

**Chocolate Cream Pie.** Add 2 squares of unsweetened chocolate to milk mixture before cooking.

## Vanilla Ice Cream

(Crank Freezer)

¾ cup sugar
2 tablespoons BENSON'S or CANADA Corn Starch
½ teaspoon salt
2 whole eggs
*4 cups milk
2 teaspoons vanilla

Mix sugar, BENSON'S or CANADA Corn Starch and salt in top of double boiler. Add eggs and mix well. Gradually stir in milk. Place over boiling water and cook, stirring constantly, until mixture is slightly thickened, about 5 to 6 minutes. Remove from heat, add vanilla; cool. Chill thoroughly before freezing.

Wash and scald can, cover and dasher of ice cream freezer. Pour chilled custard mixture into can. The can should not be more than ⅔ full. Assemble freezer. Fill freezer tub with alternate layers of crushed ice and rock salt, 8 parts ice to one part salt. Turn crank slowly at first, then increase speed and turn until crank can no longer be turned easily. When freezing is complete, wipe cover carefully and remove dasher. Pack ice cream and adjust cover. Repack in ice and salt in the proportion of 4 parts ice to 1 part salt. Let stand 2 hours. Makes about 10 servings.

* For richer ice cream, use 3 cups milk and 1 cup light cream.

**Chocolate Ice Cream.** Add 4 squares unsweetened chocolate to egg and milk mixture before cooking. When mixture thickens, remove from heat and beat with rotary beater until smooth. Add vanilla and continue as above.

**Coffee Ice Cream.** Use 1½ cups coffee and 2½ cups milk instead of 4 cups milk.

For other recipe folders write to Jane Ashley,

*Home Service Department*

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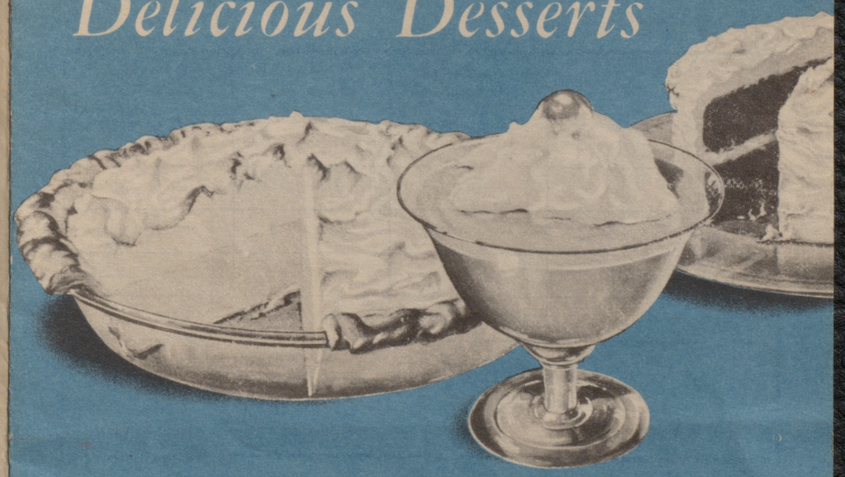

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*JANE ASHLEY SAYS*
*"Try my favourite recipes"*

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